



NEWS: NEW PRESIDENT



VALLEY SPORTS: SOCCER



VALLEY LIFE: DOMESTIC VIOLENCE

Monarchs take flight with drones

Valley's football team is using modern technology, a drone, to record practice for its second year in a row.

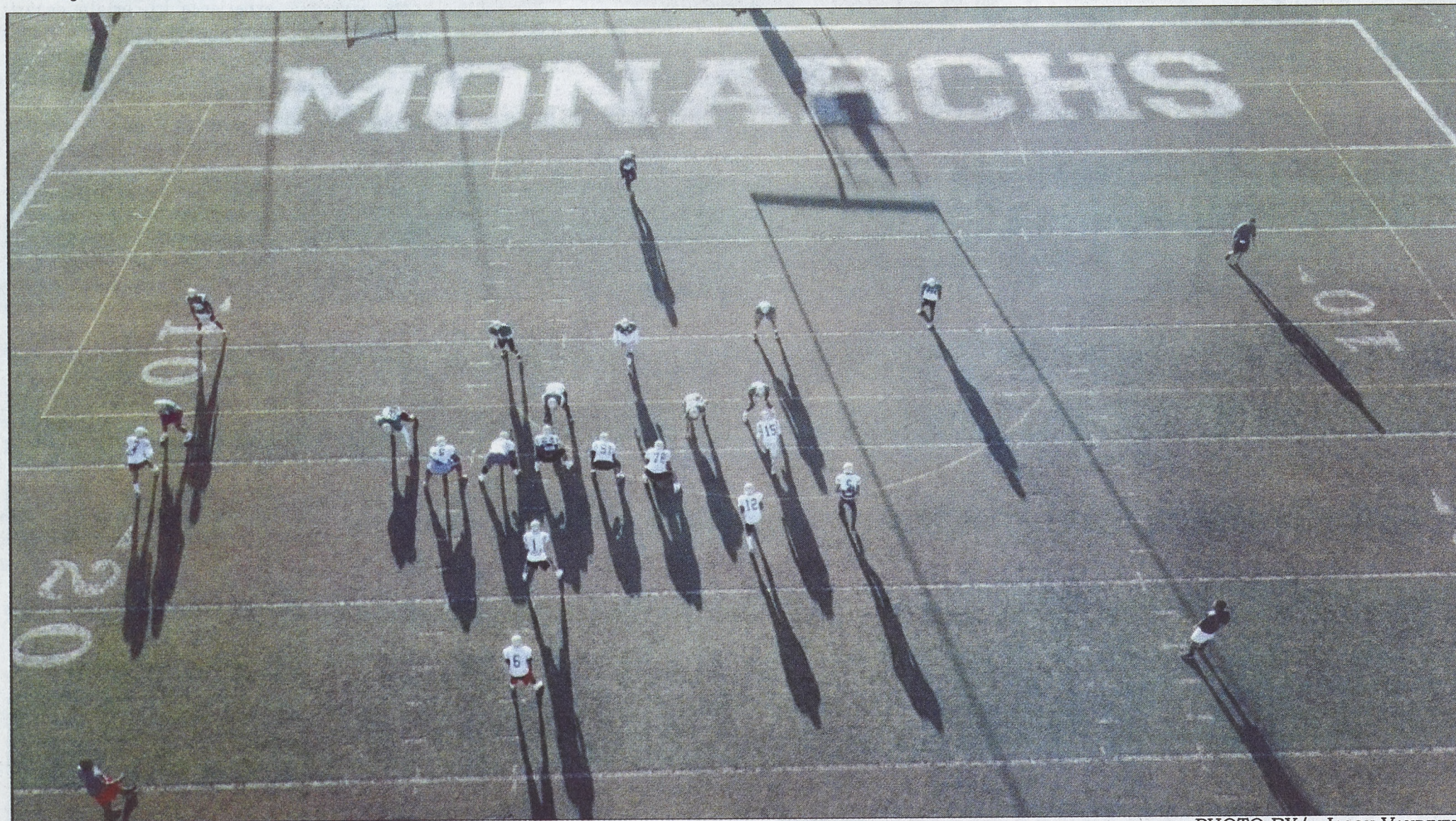


PHOTO BY/ JASON VANDIVER

EYE IN THE SKY- The Monarchs football team practices, as seen from above, and uses the footage to aid in training the team.

HARRISON MCQUINN SPORTS EDITOR

Monarchs football has been filming its practices from above thanks to Offensive Coordinator Jason Vandiver and former Sports Information Director Dale Beck who have offered their personal drones.

Valley started using the devices to record practices only last year following in the footsteps of NFL and Division I football teams. The use of the drones came with hesitation and regulation, because the

gadget can be a huge liability.

"It's like the Skycam of the NFL," said Vandiver.

The drones have been a significant upgrade to practice playbacks for Valley which previously relied on only two outdated cameras on either side of the field. Vandiver also offers his GoPro and camera glasses to the team, which does not have the extra budget for new equipment on top of the all the transportation and referee fees.

The aerial shot allows better angles of the players' lever-

age, routes, and footing.

"The cool part is we use it to film all 22 angles," Vandiver added about the ability to record every player on offense and defense.

When reaching heights of 80 feet with a \$500 piece of metal, you have to account for weather, birds, and signal interruption to name a few, all while avoiding the people below.

If a pilot is flying their drone in the same area as another user, there can be a crossover of signals which

can also interrupt control of the device. Flying too close to metal structures like Valley's South Gym can cause the same disorienting effect.

"It's trial by fire," said Beck on learning how to use the contraption.

The Federal Aviation Administration (FAA) recognizes the danger of drones, citing almost 600 instances of misuse in 2016. The FAA has restricted altitudes higher than 400 feet and banned use over crowds.

Drones are still relatively

new, with different models coming out every day. The machine can cost anywhere from a few hundred dollars to over \$1000.

A one hour charge will keep the drones up for about 22 minutes. If connection is disrupted or battery is low, the gizmo will fly itself back to the homing mark, as designated by the pilot.

The technology is only being utilized for the football team this semester, but other teams such as men's baseball have already reached out to Dale for future use.

New Leaders for ASU

By LON DOMINGUEZ
NEWS EDITOR

After two days of special elections in Monarch Hall, and nearly a semester of temporary leadership, the Associated Student Union has a new president and vice president.

Leslie Silva Alegre, a political science major and member of the Speech and Debate Team at Valley, was confirmed on the afternoon of Oct. 20 as the newly elected president of the ASU. One of Silva's main goals for running centers on helping to halt a policy in which students are dropped from their courses if they do not pay their fees within two weeks.

"Around 50 percent of students are in some way economically disadvantaged," Silva said, "and FAFSA refunds aren't made available for at least a month." Silva says she wants to be a strong voice for Valley College and serve as a link between the ASU and student body. She expressed her gratitude for her appointment saying, "I'm thankful for the student body's support, and I'm proud that so many people believed in me."

The current ASU treasurer, engineering major Joseph Katona, who has been acting at head of the ASU, is happy to be relieved of the presidential responsibilities that were temporarily placed upon him as a result of the lack of an ASU president.

"I like it since I can now focus more on my classes," said Katona, "and I won't lose any leadership position because I can still make decisions as treasurer." Other candidates that ran for the position of president included biology major Lucine Kazanchian, communications major Fatima Arriola, and history major Milton Ferman.

Candidate Lucine Kazanchian was present at the vote count and, although visibly disappointed with the results, was happy for Silva congratulating her on the victory. Kazanchian is now considering the position of parliamentarian. "I wanted to promote clubs, STEM programs, campus beautification, and work on the parking situation on campus," said Kazanchian.

The other candidates in the winners' circle include: anthropology major Margarita Arzoumanian who ran unopposed for vice president, political science major Ian Contreras who ran for Commissioner of Institutional Effectiveness, graphic design major Samantha Hollander who ran for Commissioner of Publicity, political science major Jared Franco who ran for Commissioner of Social Media, and marketing major Valery Gonda who ran unopposed for Commissioner of Health and Safety. The ASU's first scheduled meeting was held on Halloween, Oct. 31.

Knowledge is power with domestic violence

Valley educates students on the different signs and signals of abuse and how to get help for the victims.

By SAVANNAH SIMMONS
STAFF WRITER

A great hand-drawn purple banyan tree caught the eye of students walking past the Student Union Plaza advocating the stop of domestic violence.

October serves as Domestic Violence Awareness Month and the Student Health Center made sure that students know the warning signs and facts surrounding the subject, so they know if they should seek help and where they can get it.

"Our goal is to raise awareness," said Carolina Moreno of the Student Health Center. "Domestic violence is real."

Domestic violence is defined as "all acts of physical, sexual, psychological, or economical violence" that may be committed by a family member or intimate partner. Laminated flyers from the hotline.org that stated facts, such as one in every four women will experience domestic violence, 85 percent of domestic violence victims are women, 15 percent men, and females between 20-24 years of age are at the greatest risk, were on the table for students to look over.

"We don't give out pamphlets to take home because what if the other person sees



PHOTO BY / SEBASTIAN MINO-BUCHELI

ENCOURAGEMENT- Carolina Moreno, an employee of the Student Health Center, posts a message of support.

it?" Moreno said. "It may not be the prettiest situation so we do that for their safety."

Some warning signs on the pamphlet include a partner who displays extreme jealousy, who is insulting and pressures their partner into sex when they are not willing, or sexual acts they are uncomfortable

with. "Sometimes people think, 'Maybe it's not happening to me,'" Moreno said. "But they look at the warning signs and realize that they are experiencing these things."

Clipped to the banyan tree were purple paper hearts with messages of encouragement and hope: "breathe darling

and 'you will get through this.'"

"If that was your friend, what would you tell that person?" prompted Moreno to students wanting to leave their own message. "This is our tree of love, strength, courage, and support."

The Student Health Center is open Monday through

Thursday from 8 a.m. to 6 p.m. and provides information for anyone who thinks they are experiencing domestic violence. Other sources of help they promote are the Domestic Violence Hotline at 800-978-3600 and Rainbow Services at 310-547-9373 and rainbowservicesdv.org.

OPINION

Educators, please keep politics out of the classroom

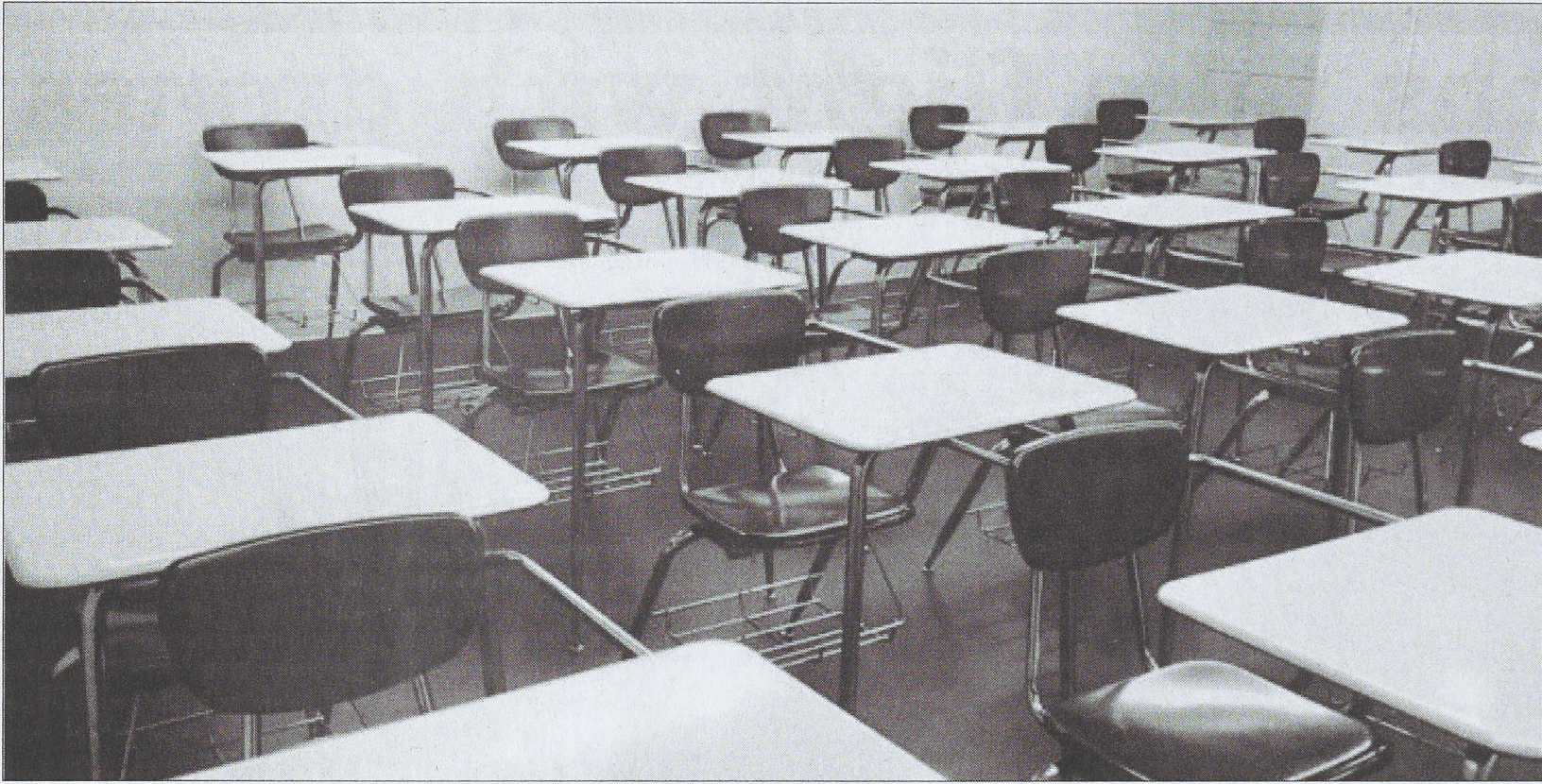
Many professors at Valley College are discussing politics during lectures in inappropriate subjects, and it needs to stop.

OPINION BY
HARRISON MCQUINN
SPORTS EDITOR

Politics can divide California quicker than the San Andreas Fault, and here at Valley it is not stopping professors from bringing them up in lecture.

In a survey conducted on campus, 27 out of 36 students answered yes to the following question: Has a professor brought up politics while lecturing in a non-political science course during your time at Valley College?

Having grown up in a politically-divided household, I find the importance of multi-



PUBLIC DOMAIN

NO POLITICS- Students and future voters leave the classroom taking all they heard during lecture as fact.

ple perspectives imperative in becoming a critical thinker.

It is no secret that California, being the blue state, leans to the left.

Because of this, students

are generally limited to one point of view.

The solution is not giving a voice to more conservative views, but rather to avoid the topic when possible.

Professors possess a level of credibility that is being either undermined or exploited completely.

When in lecture, students are taking notes and absorbing

information as facts.

A campus librarian came to my statistics class to give a Power Point presentation on how to utilize the college's online resources when

researching scholarly articles.

During her presentation, the librarian diverted from the lecture for a solid few minutes to talk about the Trump Administration, its lack of experience in certain departments such as Urban House and Development, and its potential to publish fake studies.

The main concern over professors and speakers going off on these tangents is that it generally does not encourage students to do their own research but to accept the position and take it on themselves.

Additionally, it takes time away from actual lessons and inhibits students from reaching the learning outcomes explicitly stated on the syllabus.

An important goal of Valley is to provide its students the tools to succeed in graduating or transferring to a university, and one of those tools, critical thinking, is being jeopardized as long as professors continue to bring up their own politics.

Stop normalizing assault

Women are starting to stand up against sexual harassment by speaking out.

OPINION BY
BY AMY NUNGARAY
SPECIAL TO THE STAR

Sexual harassment has been normalized in the United States by the silence of women who are too afraid to speak up in fear of backlash. That was not the case this past week when the hashtag "MeToo" went viral on Twitter with almost two million tweets, showing the world the true scope of the issue.

The movement revealed just how big of an impact sexual harassment has had, revealing all of the women left in its wake.

"We're at a point in time when women need to send a clear message that this is over," Gwyneth Paltrow told The New York Times. "This way of treating women ends now."

One in five women will be sexually harassed during their lifetime, according to the National Sexual Violence Resource Center, but this study only accounts for the women were brave enough to come

forward.

Sexual harassment is one of several tipping points that can lead to a rape-culture mindset, including victim blaming, trivializing sexual assaults, and glorifying a sexually aggressive manhood. The normalization of this treatment results in the assumption that women have no control of men making unwanted sexual advances or obscene remarks. It all needs to stop.

The aftermath of the Harvey Weinstein sexual allegations have brought some of the most powerful women in Hollywood, like Paltrow, forward to share their sexual harassment stories

This will hopefully create a much needed shift to speak up and rightfully punish those who deserve it.

Academy Award-winning Actress Lupita Nyong'o wrote an article for the New York Times about an experience she had with Weinstein in which he made an advance on her. She ended her piece with a call to action for

women to speak up.

Nyong'o stated, "Let us never shut up about this kind of thing. I speak up to make certain that this is not the kind of misconduct that deserves a second chance. I speak up to contribute to the end of the conspiracy of silence."

The domino effect of these women speaking out has stopped the world from turning a blind eye on the reality that sexual harassment is not only a common occurrence within Hollywood, but something women across the world deal with on a daily basis.

Sexual harassment may never end, but the first step to fighting it is to use your voice. It is time to speak up and not be afraid of confronting any uncomfortable advances.

Let us speak up on behalf of all the women who did not have a chance to do so in the past. Let us speak up to set a strong example for the young females who are growing up in a world run by men. Most importantly, let us do it for ourselves.

Speak Up!



PHOTO ILLUSTRATION BY /HARRISON MCQUINN

VALLEY VIEW

What do you think about professors who discuss politics in classroom?

By Aki Takashiro with photos by Sebastian Mino-Bucheli



"Depending on what class it is, it can be very important because it opens up communication and gives students like safe place to discuss how they feel about things." -

-Stephanie Perdomo



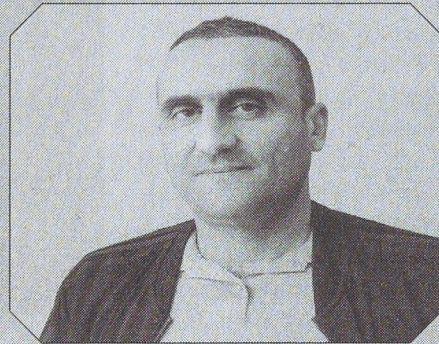
"It makes sense in class like economics and political science but in class like mathematics and biology, that's just stuff too far."

-Jason Barrett



"You can't really avoid it, but I'd prefer they keep their opinion inside."

-Kayle Gomez



"It's a free country; they can talk about anything in class, unless they don't have more time."

-Kristian Kelly-Student

VALLEY LIFE

3

Valley professor bridges the gap for students

Professor Arakelyan connects students with faculty to foster a better understanding of the needs of Valley LGBTQIA students.

By CESAR MARTINEZ
STAFF WRITER

Echoing in the classroom and lecture halls, Hasmik Arakelyan voices awareness of LGBTQ+ equality among students and faculty on campus.

Teaching at Valley since 2014, Arakelyan has found a role in the Gay Straight Alliance(GSA) club as an advisor. Her involvement within the LGBTQ+ community does not stop there as she has founded her own scholarship called "Rainbow Pride." Her goal of spreading compassion ranges from being the GSA club sponsor, lecturing in classrooms and conducting sensitivity training workshops to other faculty.

"I want people in the LGBTQ+ community to feel comfortable," Arakelyan stated, "since a safe environment is a benefit to a healthy and successful college career."

Arakelyan has paired with the GSA to construct LACCD's first ever resource page for anyone interested in LGBTQ+ matters. From education on health, coming out, info for parents, and scholarships, the resource page is the only,

out of the nine district colleges, to exist. Hoping that other colleges adapt to this approach, the GSA encourages people of all spectrums to get informed. "We all are very complex and multidimensional- no one is black-and-white," said the Arakelyan.

Advocating the open mindedness of a modern society to her students, Arakelyan uses methods of real-world application when learning new material. The professor accredits her successors for establishing an organic feel for education. "Which professors taught me in a personal level," Arakelyan recalls wondering. "Who would make me reflect upon life when I'm outside of their classrooms? It was the same professors who would talk about the vulnerabilities and strengths we all shared in common humanity."

In May 2017, Arakelyan was awarded with two different accolades at the Above and Beyond Awards and Apple Awards. Nominated by faculty and students, the professor was awarded for being a "standout educator" and for "outstanding service & mentor to students". One student from ratemypro-

fessors.com commented on Arakelyan, saying how "she is very clear and brings a lot of examples from life which helps to remember material better". Another student recalled how "[Arakelyan] makes lectures enjoyable."

Arakelyan's positivity impacts her students as well as her fellow colleagues. In addition to her busy schedule, the professor has taken the reins of instructing a Sensitivity Training Workshop for faculty. Opening Day and Continuing Education are two of the workshops she teaches.

Aside from her current ventures, she strives for bigger plans with the GSA as she proposed the idea for a future LGBTQ center. With more activities, guest speakers, and workshops on sexual health, the center will be a one-stop haven for all info, instead of jumping from office to office. "Ignorance comes from lack of knowledge, when you enlighten others, they plant the seed for curiosity and learn for themselves," she advised.

"Education is the most powerful tool for evolution. We are here to grow and evolve."



PHOTO BY/ SEBASTIAN MINO-BUCHELI
TEACHING FACULTY- Hasmik Arakelyan helps students and faculty in the LGBTQ+ community.

Professor Arakelyan's altruistic activism among the LGBTQ+ community moves

her to promote equality. "I hope we can create a very visible atmosphere where LGBTQ

can not only feel safe and comfortable to embrace who they are but also thrive."

New film sheds light on soldiers with PTSD

The film "Thank You for Your Service" tells the story of soldiers who come home struggling with the effects of war and PTSD.

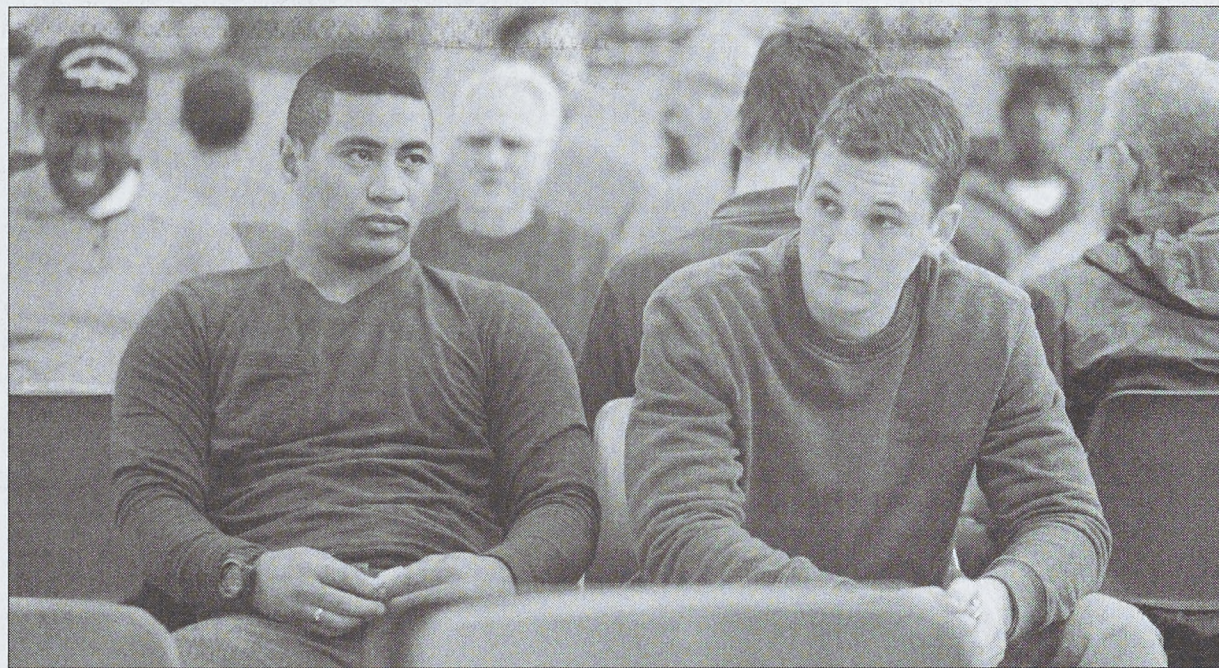


PHOTO COURTESY DREAMWORKS PRODUCTION

By EMMANUEL CORDOVA
STAFF WRITER

"Thank You for Your Service" stars Miles Teller who portrays Adam Schumann,

an army Sergeant struggling to adjust to civilian life after being in Iraq for an almost year-long tour, with his tenacious unit.

The DreamWorks production was directed by Jason

Hall and premiered Oct. 27. The movie won a Truly Moving Picture Award in the same weekend.

The focus shifted onto several soldiers in Schumann's unit through the film, includ-

ing Tausolo Aeti, Will Waller, and Michael Emory. Aeti suffered a traumatic brain injury from a roadside bombing.

When he arrived home to his pregnant girlfriend, she was concerned because he struggled to remember things and couldn't stop worrying about losing his comrade who burned to death.

Waller, who was also hit by multiple IEDs, hit rock bottom when finding out his fiancé took everything away from him, including his child which led him to commit suicide.

Emory was saved by Schumann during combat after being shot in the head and became permanently handicapped.

With flashbacks of incidents that happened on the battlefield still haunting their minds, Schumann and Aeti began to seek help by applying for physical and emotional rehabilitation, but were frustrated because they had to wait

until a doctor had openings.

When Schumann got a call from a doctor in California to receive help he ended up giving his spot to his friend Aeti, allowing him to receive help immediately.

According to the American Psychological Association, 20 percent of United States veterans suffer from post-traumatic stress disorder (PTSD) and major depression.

PTSD is commonly misdiagnosed, with symptoms like nightmares, flashbacks, avoidance of certain situations, disinterest, depression, and anxiety which can be confused with other disorders.

In some cases these symptoms may start to appear weeks, months, or even years later.

There are a few different ways this disorder can be treated, such as cognitive behavior therapy, eye movement desensitization and reprocessing, exposure and response preven-

tion, and prescription drugs.

Prescription drugs can be used to treat PTSD but are mainly used to help with depression. Some drugs prescribed are Sertraline, Fluoxetine, and Paroxetine.

Seeing a healthcare professional like a psychologist or social worker is the best way to find the most effective treatment.

For those unfamiliar with the condition, "Thank You For Your Service" is illustrative of the difficulty veterans with PTSD have in transitioning back to their civilian life.

Valley prepares for wet winter

Major repairs continue all across campus with the main goal of being ready for upcoming winter rain.

By LUIS ROMERO
STAFF WRITER

Bright orange radiates from the construction vests across campus and the noise of heavy equipment echoes the repairs and progress at Valley College.

Due to damage caused by the leaks, several buildings on campus will be repaired including the Music, Art, and Central Plant buildings as well as the South Gym and Campus Center.

"The fact is the buildings are leaking, and this is causing water damages to the them," said Director of College Facilities Tom Lopez. "I'm glad that Valley College is moving forward with the repairs

because winter is coming and we need to be prepared, especially with the old structures like the Music Building and the Campus Center."

The repairs started at the Music Building at the end of the 2017 Spring semester. Best Contracting Services, the company responsible for the repairs, has completed maintenance on the Music and Art Buildings.

The South Gym and Campus Center are about 80 percent complete at the time of this report. Repairs for the Central Plant have been scheduled to continue from the end of October to possibly into November; however, two other projects have been added so all the work can be evaluated in a single budget. The two

additional repairs consist of replacing five Central Plant boilers and another boiler for the training pool which are both close to completion.

These repairs are part of Valley College's 2017 Roof Repairs and Replacement Project, which is funded by the state and scheduled by the Maintenance Program and District Funds for Deferred Maintenance.

According to an email from Director of College Facilities Tom Lopez, "Everything is under one project, and is going to cost \$1,109,080."

The roof repairs for the campus are scheduled to be completed by January.



PHOTO BY /SEBASTIAN MINO-BUCHELI
ROOF- Students walk by the Campus Center, one of the buildings currently under repair.

SPORTS

Lady Monarchs prep for season

With strong new additions to the team, Valley looks to win another conference championship.



PHOTO BY/SEBASTIAN MINO-BUCHELI

PRACTICE- From left to right; Monarch Guard Farrah Castillo, Monarch Guard Danielle Sokolgz, Monarch Guard Tytiana Garcia, Monarch Forward Allison Gallardo



By FREDY VEGA
SPORTS EDITOR

Returning Head Coach Monica Hang, who led the team to a conference championship, will look to the new season with renewed hopes and aspirations as the team looks to make an impact on and off the court.

They will be lead by All Conference star Rebecca Islas and standout transfer Farrah Castillo. Both players are

expected to be top-ranked in the state along with Captain Jillian Wyman, a vocal leader who possesses great work ethics. With the new additions, the team will consist of 4 returning players, 2 transfers, and 5 freshmen.

"Experience is our biggest challenge," Hang said, "but with great coaches and hungry student athletes, we will be fine."

Newbies Janelle Jiron, a tough and gritty player, and Seren Tyus, who has a spark plug mentality, are two fresh-

men that will bring something unique. While the team may not have a single leader, they do possess a lineup with the ability to dominate.

The team takes pride in providing the athletes a great overall experience as well as an opportunity to learn and grow as students and athletes. As every single one of them know they have to accept what they need to do for the team succeed.

"We need to make sure that each player understands their role," Hang said when

asked about the team as a whole, "because basketball is a team sport and our team is as strong as our weakest link."

Despite the lack of experience the goal remains the same for this team--to win another banner and for the sophomores to get a chance to play at the four year level. Their first chance to prove what they are capable of will be Nov. 17, the first home game for these Lady Monarchs.

Monarchs spirit stalls Wildcats

Lady Monarchs held off West LA last Friday in a 0-0 battle on the field.



PHOTO BY / SEBASTIAN MINO-BUCHELI

SMART DEFENSE-Monarchs steal of the ball during the final quarter saving their one point lead and winning the game.

By FREDY VEGA
STAFF WRITER

The Lady Monarchs struggled to get anything going Friday against West LA, fresh from their biggest game of the season a few days prior.

During the early parts of the season, Valley had their struggles dealing with injuries and not being at full strength, but this did not stop Crystal Torres from hitting the field in

a full arm cast on Friday.

"I am not disappointed with our play," said Head Coach Venger. "We just could not finish and we had a few lapses on defense and they took advantage of our missteps."

Venger has previously stated that the earlier losses were a result of the tough non-league play schedule he set up.

With games against top-ranked Chaffey, Antelope Valley, College of the Canyons, and Citrus, he looked to prove

faith in his players' abilities and showcase them on a larger scale.

Torres, along with other players suffering sprained ankles, continued to fight on into conference play.

Valley is now 2-2-1 for conference matchups with some convincing wins against West L.A., who they tied with this past Friday, and Glendale. This does raise an interesting question--where does this leave Valley in the hunt for a playoff

spot? Although it may appear to be a lost season, there is still time to find their rhythm and sneak into the playoffs.

Hope is what keeps this team fighting and they will not go down without a fight.

"Anyone that knows soccer knows the ups and downs a team will have," said Venger, "I think we hit that point right now."

MCQUINN'S PRESSBOX

Lakers struggle to start season

Lakers struggle in their first few appearances leaving playoff potential questionable.



HARRISON MCQUINN
SPORTS EDITOR

The talent in the NBA is more imbalanced than ever, placing more tension on the rookie roster of Los Angeles.

The Lakers finished 14th in the west last year with a record of 26-56. Not much has changed for the young team aside the acquisition of veteran center Brook Lopez, rookie Kyle Kuzma, and second-overall pick Lonzo Ball.

"Put this loss on me," Ball said of Saturday's game against the Jazz. "We were coming back. Two dumb plays by me, and they got up."

The former UCLA guard's regular season debut paralleled his preseason opener in which he shot 2-9 and surrendered three turnovers. The Lakers (2-4) lost to their hometown rivals, the Clippers (4-1), 92-108 in an anticlimactic opener.

Ball finished with only 3 points in 29 minutes, but managed nine rebounds. Lopez lead the team in scoring with 20 points.

L.A. may be kicking them-

selves over trading D'Angelo Russell, a previous second-overall pick, who scored 30 points in his first game with Brooklyn; however, the guard only averaged a mediocre 15.6 PPG as a Laker in the 2016-2017 season.

A 132-130 win over Phoenix (2-4) regenerated some hope for L.A. as well as Ball's potential. The 19-year-old was one assist away from his first triple double, which would have made him the youngest player to do so.

Fellow rookies Kuzma and Julius Randle put up 15 points and 9 points respectively, but Randle appeared disengaged on Friday likely due to his lack of minutes.

The victory does not indicate much, having been against a weak Phoenix that just lost to Portland by 48 points.

The team went on to face New Orleans (3-3) on Sunday. L.A. fell to the Pelicans 119-112, despite a 22 point rally in the fourth quarter.

Ball shot 3 for 18 the entire night and failed to execute tough passes resulting in 5 turnovers. Although, Sunday was the second game in which Ball nearly achieved a triple double. Kentavious Caldwell-Pope scored 20 points, and Brandon Ingram continued to attack the post.

The following three games Ball scored 6, 5, and 9 points respectively all with at least 30 minutes play time.



PHOTO BY / PUBLIC DOMAIN

THE END ZONE

Oct. 31 - Lady Monarch Crystal Torres scored a goal in the second half to shut out Glendale in a 4-0 win.

Oct. 29 - Seattle's Earl Thomas ran 59 yards to score on a pick-six from rookie Deshaun Watson.

Oct. 28 - Brandon Ingram crossed over Utah forward Joe Ingles to slam it down.

Highlights compiled
by Harrison McQuinn,
Sports Editor